


Integral yoga. Knowledge. Bliss.



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*Light One, Ray One
December, 1969

INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

500 West End Avenue, New York, N. Y. 10024, U.S.A.

Telephone: (212) 874-7500 Telegram: POORNAYOGA

A NON-PROFIT NON-SECTARIAN ORGANIZATION

Classes: Hatha Yoga, Chanting, Meditation,
Lectures and Discussions.





SONG OF 18 'ITIES

Sri Ram, Jaya Ram, Jaya Jaya Ram Om
 Sri Ram, Jaya Ram, Jaya Jaya Ram Om
 Sri Ram Jaya Ram Jaya Jaya Ram

Serenity, regularity, absence of vanity,
 Sincerity, simplicity, veracity,
 Equanimity, fixity, non-irritability,
 Adaptability, humility, tenacity,
 Integrity, nobility, magnanimity,
 Charity, generosity, purity.

Practice daily these eighteen 'ities,
 You will soon attain Immortality
 Brahman is the only real entity
 Mr. So and So is a false non-entity.
 You will abide in Infinity and Eternity
 You will behold unity in diversity
 You cannot attain this through intellectuality
 By Grace of Guru you can attain Immortality
 Sri Ram Jaya Ram Jaya Jaya Ram Om
 Sri Ram Jaya Ram Jaya Jaya Ram.

--Swami Sivananda

The Integral Yoga Institute bows in humble tribute to the divine message of His Holiness Sri Swami Sivanandaji Maharaj, who is the Spiritual Master of our Swami Satchidananda, by dedicating its work to the propagation of his sublime teachings.

EDITORIAL

Swami Sivananda says that in this age, "Group force is very powerful. Collective spiritual practice will bring the power of all to the aid of each. Collective work has miraculous results." In the spirit of Integral Yoga, many of us who have come into contact with Swami Satchidananda and his message of love and peace have joined together to share and serve. We engage in Yoga practices together, we work together in perpetuating Swamiji's teachings, and wherever possible, we live together as a communal group. We benefit from this Yogic association both by the joy of contributing to it and by the comfort of drawing upon its strength or Shakti, its spiritual force.

Collective consciousness works something like a room panelled with mirrors. By entering such a room, we immediately see the same image reflected everywhere. In the same way, by keeping company with other spiritual aspirants, an increasing awareness of the Common Self is continually reflected back and forth through each one's presence. The all-pervading Unity becomes visible in a diversity of manifested names and forms, and true inner peace can be felt and known.

Through Swamiji's grace, our lives are being spiritually transformed. Our beloved Guru's universal teachings are enabling us to see our true nature. We are being inspired to come together in Yoga with our brothers and sisters all over the globe. This collective spirit expresses the truth by which we now live, the knowledge which is being revealed to us and the bliss which ever grows within us.

Jai Sri Satguru Maharaj Ki

Integral Yoga is a combination of specific methods designed to develop every aspect of the individual: physical, emotional, intellectual, and spiritual. It is a scientific system which integrates the various branches of Yoga in order to bring about a complete and harmonious development of the individual.

Every human being longs for true and lasting happiness. The path or means through which he attempts to find it varies according to the level of the individual's development. He may strive for happiness by satisfying the physical, emotional and intellectual aspects of his personality. Experience may teach him what sages and saints have been proclaiming throughout the ages, that true and lasting happiness cannot be based on that which is impermanent in its nature. True and lasting happiness can only be attained through the knowledge of the source of all life. It has been given such names as the Self, Nature, God, Brahman, Cosmic Consciousness, Infinity, the Thing in Itself, Nirvana and so on. Since it is infinite, it can only be experienced when the individual raises above his limited personality.

The body, emotions and intellect must be developed to a level in which they can function healthfully and in perfect harmony with each other. Only then can we live a happy life and use them as tools to transcend our limitations and to experience the Divine.

Integral Yoga is a synthesis of all Yoga. The goal is "A body of perfect health and strength. Mind with all clarity, calmness and control. Intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare and realization of the True Self."

Attain this through asanas, pranayama, chanting of holy names, self discipline, selfless action, Manthra Japa, meditation, study and reflection.



A Short Life Sketch

Yogiraj Sri Swami Satchidananda was born in India to a highly spiritual family. The name Satchidananda - Existence-knowledge-Bliss Absolute - was conferred upon Swamiji by his Guru, Sri Swami Sivanandaji Maharaj, on July 10, 1949, Rishikesh, Himalayas. At that time, Swamiji was initiated into monkhood, the Holy Order of Sannyassins, capping years of Spiritual sadhana both in seclusion and with various teachers. This was also the climax to years of schooling, and years of working in the automobile, cinematographic, electrical and mechanical industries and as an executive officer in church management.

He served as a professor of Raja Yoga and Hatha Yoga at the Yoga Vedanta Forest Academy, Rishikesh, and in 1950 received the title Yogiraj, for mastering various intricate Yogic techniques. The following year, 1951, he made an extensive lecture tour through India, compiled in the book, "Satchidananda's Lectures - All India Tour."

In 1953, Swamiji accepted an invitation to Ceylon, where he organized Divine Life Society branches in various parts of Ceylon and a Thapovanam (Yoga Seminary) at Kandy. Following further invitations, he went on to conduct seminars and serve Yoga societies in India, Malaysia, Singapore, Hong Kong, Japan, and the Philippines.

In 1958, he made a strenuous pilgrimage to holy Mount Kailash in Tibet, which consisted of 800 miles of walking and climbing to the height of 19,000 feet. A day-to-day report of that pilgrimage is given in a book in the Tamil language.

In 1966, sponsored by a devotee, Swamiji undertook his first world tour, during which he had a private audience with His Holiness Pope Paul VI. A few weeks later, he came to New York for an intended two-day visit. He was immediately surrounded by students who wanted to study under his guidance. Then, in August, 1966, when the Integral Yoga Institute was formed in New York City, Swamiji became the Founder-Director. He serves in this capacity for IYI branches in Los Angeles and San Francisco, California; Canton, Connecticut; Paris, France; Brussels, Belgium; Verona, Italy; and Lausanne, Fribourg and La Chaux-de-Fonds, Switzerland; and he is affiliated with a Yoga center in Aalst, Belgium; a student group at the University of Ohio, and a Yoga group in Rochester, New York. He is also a director of the Center for Spiritual Studies, along with Christian, Jewish and Buddhist clergymen.

Swamiji was the main speaker at the International Yoga Convention in Brussels in 1968, and in the summer of 1969 he travelled with twenty-five students on a world tour. Early in 1969, he lectured to over 2,000 people in Carnegie Hall in New York City, and in August, 1969, he spoke to a crowd of more than 250,000 at the opening of the Woodstock Music Festival. In the Fall of 1969, at the request of many different Yoga centers there, Swamiji made an extensive lecture tour throughout Europe. During this tour, the City of Verona, Italy, and the Academy of Tiberina in Rome awarded him their respective medals of honor.

Swami Satchidananda is continually travelling to and from spiritual centers all over the world, spreading the teachings of Integral Yoga.

It was on a sunny afternoon, the first of July, 1969, that a fully packed VW van began a long exciting journey across the country. There were four of us, all filled with great expectation of the unknown. We all had left our positions in the working world of New York City in response to an inner voice urging us to move on to greater fields of endeavor - not to remain in the position of security, but to move closer to that freedom which we were so much looking for. We weren't sure of what we were to do, or what was to happen to us, but there was an unquestionable faith that we were placing ourselves in the hands of Gurudev Swami Satchidananda, whom we had all followed for the better part of three years.

And so with the final embraces and prayers, we bid Shanthi to our wonderful family, to New York City, and to Swamiji, and headed, as so many of this country's pioneers had before - westward. We felt as if a new chapter in our lives had begun.

From that point on, the degree of physical, emotional, and intellectual changes accelerated and multiplied. Our crossing took us through what is probably some of the most beautiful land on this planet: rolling hills, surging rivers, plains stretching from horizon to horizon, farmlands, magnificent snow-capped mountains, prairies, deserts - on and on - all the while the four of us chanting, singing, playing music... We felt the ruggedness of the land and we felt strong; we heard the humming silence of the desert and we felt silent; we saw the infinitude of stars during the mountain nights and we felt free.

After ten magical days, we reached our destination - California. We split up our team at this point. Vijay and Shree left to do their work in San Francisco, while Narayana and I began the somewhat tricky task of adjusting our way of living to the pace of Los Angeles. Swamiji was expected in a few days, so we hurried in preparation for a public lecture to be held shortly after his arrival. A few local friends had arranged this program, and similar arrangements were being made in San Francisco.

Swamiji spent a month spreading his light out here. After four more months living and working in Los Angeles, I can appreciate the influence such a soul is capable of bringing to what one might call a spiritually sleeping area. In this very short time, through the grace of the Divine, we in Los Angeles have seen the birth and early development of an institute designed to help in the propagation of Swamiji's wisdom and spirit.

There have been, still are, and will continue to be many obstacles on the path of setting up such a center. Nevertheless, we can only welcome them in the spirit of overcoming and moving ahead. Our major concern has been setting up the Institute. We have been graced with a lovely large house that is now serving as the Los Angeles headquarters of the IYI, and a household of eight people who constitute the ashram family. The problems of bringing about cohesion and harmony among a group of individuals are many. Nonetheless, we are striving to achieve these ends. We have set up a schedule of weekly and daily activities for the Institute. There are classes in Hatha Yoga, Kirtan and Meditation, discussions, and varied programs in trying to expose people to the Integral Yoga way of life. Among some experimental programs, we are trying out a vegetarian cooking class and some courses in self-expression using dramatic techniques in order to bring about further self-awareness.

We see many possibilities out here, and we feel that many people can benefit from the much needed light that Swamiji is capable of generating. We all are working and awaiting his return. There is really no way to end this article, simply because things here are just beginning...

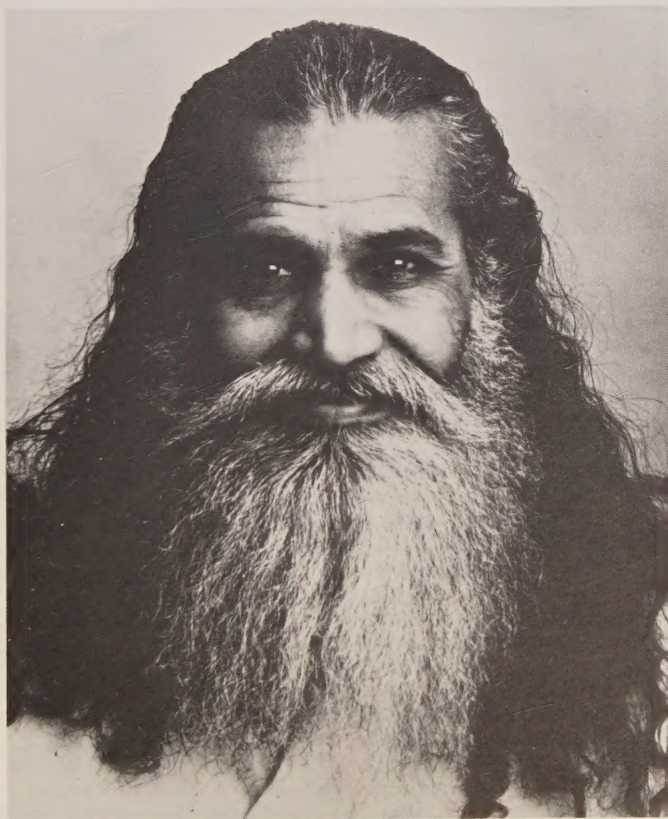
OM SHANTHI, SHANTHI, SHANTHI

Krishna Green

The Path of Devotion to the Spiritual Teacher

If you ever meet someone who contacts your intuitive feelings, who spontaneously evokes your love, respect, awe and reverence, someone from whom you would receive, do not belabor him for explanations for all he would give you. Do not constrain him to chisel away at all your most tenaciously held notions. Do not attempt to pit your intellect against his. Slowly release yourself from the pride you have in your own limited knowledge. Humble yourself before him. For it is the lower hand which receives from the upper. It is the reed which bends low that does not break in the wind. And it is the empty bamboo which becomes the flute upon which the Master Musician plays his magical tune.

Hari Zupan





EXCERPTS OF SWAMIJI'S ADDRESS
AT THE OPENING OF THE WOODSTOCK MUSIC FESTIVAL
August 15, 1969

My beloved sisters and brothers, I am overwhelmed with joy to see the entire youth of America gathered here in the name of the fine art, music. In fact, through music we can work wonders. Music is the celestial sound, and it is sound that controls the whole universe, not atomic vibrations. Sound energy, sound power is much, much greater than any other power in this world.

One thing I very much wish you all to remember - with sound we can make and at the same time break. Even in the war-field, to make a tender heart an animal, sound is used. Without the war band, man will not become an animal to kill his own brethren. That proves that you can break with sound, and if we care, we can also make with sound.

So I am very happy to see that we are all gathered to create some "making" sounds, to find that peace and joy through the celestial music. I am honored for having been given the opportunity of opening this great, great music festival.

America leads the world in several ways. Very recently when I was in the East, the grandson of Mahatma Gandhi asked me, "What's happening in America?" I said, "America is becoming a whole. America is helping everybody in the material field, but the time has come for America to help the whole world with spirituality also."

That's why across its length and breadth, we see people, thousands and thousands of people, Yoga minded, spiritual minded. So let all our actions and all our arts express Yoga. Through the sacred art of music let us find peace that will pervade all over the globe. Often people shout, "We are going to

to fight and then find peace. Therefore, let us not fight for peace, but let us find peace within ourselves first.

The future of the whole world is in your hands. You can make or break. But you are really here to make the world and not to break it. I am seeing it. There is a dynamic manpower here. Hearts are meeting. Here, I really wonder whether I am in the East or West. If pictures of this gathering are shown in India, the people there will certainly never believe that they were taken in America. For here the East has come into the West.

I, with all my heart, wish a great, great success to this music festival. Let it pave the way for many more festivals in other parts of the country. I have met the organizers and I admire them. They have come forward to do a job, but the entire event is in your hands, not in the hands of just a few men. The entire world is going to watch this. The entire world is going to know what the American youth can do for humanity. So every one of you should feel the responsibility for the outcome of this festival...

Once again let me express my sincere wish and prayers for the success and peace of this celebration. Thank you.

A RIDDLE FROM SWAMI CHIDANANDA

President, Divine Life Society
Rishikesh, Himalayas

What is greater than God
And worse than the devil?
You can't eat it,
But if you eat it you die.

Swamiji posed this riddle at the Yoga Convention at Val Morin, Canada on the occasion of the Jayanthi (birthday) of Lord Sri Krishna. He said, "it's a whimsical joke, but at the same time it's the highest truth."

Since Swami Chidananda didn't tell us the answer, we invite you to send in solutions. We'll publish some of these highest truths in a future issue of Integral Yoga.

SHANTHI - PEACE

Shanthi. I see God as Shanthi. Shanthi is the nature of God. My God is Shanthi. He has no form, He has no other name. He is all peaceful. He is all serenity. He is the Peace that cannot be expressed by words. Even to say the word Peace in a way limits the expression of that very Peace. It is to be felt, to be experienced within oneself. Fortunate are such people who see God as Peace in themselves. Those who have seen God as Peace within can see God everywhere as Peace, in the midst of calamities, even in the midst of terrible wars. In all circumstances they feel Peace everywhere. Because when you are in Peace, you are in God, you are with God. That is why, knowingly or unknowingly, the whole world is now after Peace. Everywhere you see people waiting for Peace, hurting for Peace, in a way, hunting for Peace. Through everything they want Peace. Some people want Peace through fighting and wars, some through music, some through art, some through learning. Maybe some through sleeping. And still a few by ending their lives - they too want Peace. The ultimate quest of the entire world is Peace, Peace, Peace.

Only in Peace we have Joy. Not by acquiring things. Not by doing things. Not by earning or learning. Not by reaching a position. But by dedication. Without Peace there is no Joy and without dedication there is no Peace.

Your entire life must be a sacrifice. Complete selflessness. You should think for the sake of others, eat for the sake of others, and breathe for the sake of others. So every action, even these so-called selfish actions - our own eating, sleeping, drinking, breathing, dressing - even such very personal acts should ultimately aim at bringing some benefit to others, serving others.

Sacrifice is the Law of Life. But it is for our sake, and we are not really sacrificing anything. When we say, "Be selfless, be dedicated, become sacrificed," it's not to make you a loser, but, on the other hand, to make you the great, great profiteer. In a way, the most selfish man becomes the most selfless man. Why? He doesn't want to lose his Joy, lose his Peace. It is in him always. That's his property, given to him, and he wants to cling to that. He wants to protect that; he doesn't want to lose it. In that respect, he's a selfish man. Because he's selfish in retaining the Peace, he becomes dedicated. Because he knows that by running after things he disturbs his Peace, by acquiring things he disturbs his Peace, by living a selfish life he disturbs his Peace, he wants to be a selfless person. So the selfless person is the most selfish person. But that selfishness will not only make him happy, but will make everybody that comes in contact with him happy. Because he is Peace personified, the very presence of that person will make you Peaceful, make you happy. In that sense he is not selfish.

A candle when it is lit, expresses itself, and it expresses the other things around it. Can we say that the candle wants to show itself to us and therefore it's burning? No, we can't. The candle shows itself by burning, but at the same time it shows every other thing also. That is why a man who has found Peace in himself, who is rooted in that Peace, will bring Peace unto others. Not a Peaceless man, he might talk, but he can't bring Peace. Talking will not bring Peace. The Peace must be found within. That is found by a dedicated life: "Ishwara Pranidanaadwa," dedicating everything in the name of God. All for Jesus. All for Siva. All for Lord Narayana. All for Allah. Brahma-panam, Siva-panam. Arpana means: my offering to the Lord. That's why you make offerings in front of an altar. That's why we bow down, we kneel down, we offer ourselves. That's why we say, "I am Thine, all is Thine."

If everybody thinks of others, and their benefit, where is the war? All these calamities, wars and fights and quarrels are because people think of themselves. "I want something. I want

the preference. Let me have this place," while the other man also says, "Why not I? Let me also have this." Then there is a fight. All these border disputes and this and that. Each one wants to possess something for himself. But if there is loving and giving even under very difficult situations, critical conditions, then hundreds of thousands of people can live comfortably, sleep comfortably, eat comfortably, smile at each other.

To a dedicated man, Peace is guaranteed. He is always in Supreme Peace and Supreme Joy. That is the Peace we want.

Om Shanthi,

Swami Satchidananda

THE ANCIENT SCIENCE OF YOGA TO THE RESCUE OF MODERN MAN

You all know the very ancient scripture, the Bhagavad Gita. The Gita calls itself "Yogashastra or scripture of Yoga, upanishad or secret science, Brahnavidya or science of truth." This means that those who want to know Yoga, or want to know the secret of science, or want to know truth can question the Gita.

The Gita gives several important definitions of Yoga, such as: Yoga is skill in action, Yoga is evenness of mind. But one of the most beautiful and significant descriptions of Yoga is this: "Kingly science, kingly secret, supreme purifier; intuitional, righteous, very easy to practice, imperishable." Gita, IX:2

Kingly. In what sense in this word used? For example, in England and also in my country, Belgium, a kingly road is a road that is accessible to all vehicles, and to everybody, and that can be entered from all sides. So Yoga is a kingly science: It is accessible to all people. It is not for one particular race or caste or society or political party or religion. No. All are welcome. All can make use of it. And it is a kingly secret: it is a secret that can be unveiled by all earnest seekers. It is the best and highest purifier. It is intuitional experience. In accordance with the law or dharma, it leads to righteousness. The practice of Yoga is very easy. The attainment of Yoga is everlasting. All this you find in one single verse.

This most ancient science is also most new. It came to the rescue of crying Arjuna and comes to the rescue of Tom and John. Modern man has many tensions. The student unrest is a symptom of this. We notice it all over the world in economic, social and racial situations. There is an overexcitement of the brain centers and nerves. One who is overexcited explodes at the least provocation. This is acutely felt by the youth and we see it happen every day.

Part of the answer to this problem is the science of Yoga postures and breathing techniques. These will make the body sattvic or pure. This means that the vibrations of the inner parts of the molecules that compose the body will become harmoniously rhythmic and calm, creating health in the body peace in the mind. The mind will then become fit for positive thinking. The inner guide will speak more audibly. He will say: "O man, is there not a nobler mission than eating, drinking and sleeping?" And gradually the awareness will grow, and that man has to realize some higher purpose. Some ideal will shape in his mind. Then a longing will develop to realize this

ideal, to yoke this ideal to the practical life, and to make the ideal an actual fact - as real as a fruit on the palm of his hand. He will struggle to do away with the difference between his belief and his speech and actions. He will become a saint in the making. This yoking together of believing and doing is Yoga. This is attainment. Modern man must become aware of the true aim of life, and Yoga can give him the answer and the method.

Some will say: "An ideal can never be realized." This is true as long as you seek it in the future and outside yourself. Then it becomes like the horizon! You near it and it withdraws. So do not seek truth for later and elsewhere- it is the essence of your own being. The body and the mind change every moment. But you are their witness, remaining ever unchanged. Therefore, inquire, "WHO AM I?" Know thyself and be free. You are not this body, you are not this restless mind, you are the essence of eternal Atman. This is how Swami Sivananda puts it in his Song of Synthesis.

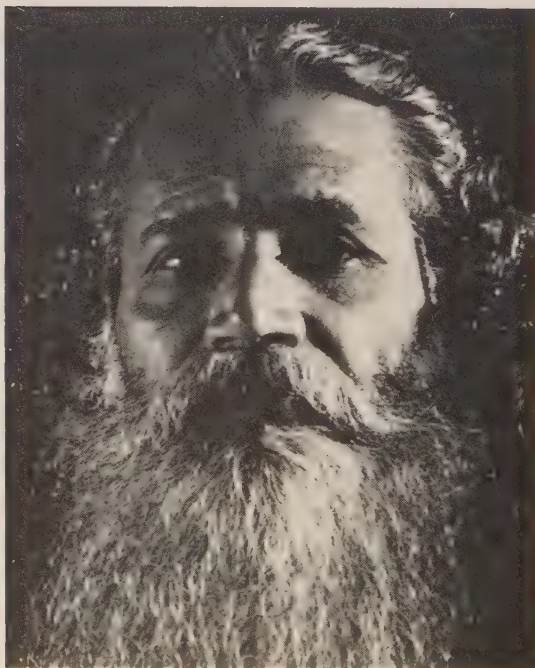
So where is the need for despair? Be strong as a rock and consider the world as a big school. Welcome difficulties. How could you learn without them? The greatest spiritual path is life itself.

We are blessed with the physical presence of Swami Satchidananda, a great guide-light on this path. Let us all make hay while the sun shines. As Swami Sivananda said: "At the time of death who will help you for your liberation?"

Best wishes from the Yogis of Aalst (Belgium) to their brothers and sisters everywhere. May you all attain yogic perfection under the loving care and guidance of Yogiraj Swami Satchidananda.

Peace be with you,

Narayan
President of Yoga-Vedanta
Aalst, Belgium



SWAMIJI IN EUROPE

Six weeks of giving and loving in seven countries compressed into a brief summary of the public events of a true public servant.

September 25 to November 7, 1969

September 26. Denmark. Swamiji gave public lectures and visited various Yoga centers in Esbjerg, Aarhus and Copenhagen.

September 30. Sweden. Swamiji held a press conference at Gutenberg and spoke at Gutenberg University.

October 3, BELGIUM. Swamiji held several Satsangs at the Yoga-Vedanta Center in Aalst, which is a branch of the Divine Life Society (DLS). He lectured in Antwerp, and he also spoke at the Brussels IYI and Brussels DLS. As Patron of the Belgium Yoga Federation, he was one of the main speakers at the Second International Yoga Convention in Brussels, which was attended by over 2,000 Yoga teachers and students from all over the globe. Other spiritual leaders present included Swami Chidananda, President of the DLS, Rishikesh, Himalayas; Swami Vishnudevananda, director of Sivananda Yoga Centers throughout North America; Swami Pranavananda, director of DLS branches in Malaysia; and Father Dechanet of the Yoga Ashram, France.

October 13. France. Swamiji was interviewed on TV and gave a lecture in Le Havre. In Paris he was interviewed on radio and held a talk and Satsang at the Paris IYI. He visited and addressed the DLS, Paris; the Sivananda Ashram, Paris; and, while in that city, he also met with a Japanese priest and Taisen Deshimaru, a Zen monk. Swamiji paid a visit to a Yoga center at Rouen, and in Toulon he spoke with a children's Yoga group and gave a public lecture.

October 17. Italy. Swamiji visited various Yoga centers and lectured in Milan, Bergamo, Verona, Padua, Florence and Rome. The City of Verona and the Academy of Tiberina in Rome awarded him their respective medals of honor.

October 25. Switzerland. Swamiji lectured in Geneva, held a Satsang and talk at the Lausanne IYI and spoke at the Yoga center in Chur.

October 28. England. Swamiji delivered two talks to students at Surrey University in Surrey. He spoke in London at Acacia House, Caxton Hall and Gandalf's Garden. In Birmingham, he was interviewed on TV and gave a lecture.

November 7. This day concluded the European Tour and Swamiji returned to New York. During the whole time he was in Europe, in addition to the public functions above, Swamiji held numerous personal meetings, attended many informal gatherings, and even managed to do some sightseeing. There is not enough space to mention or thank the countless devotees and friends who served and provided for him and facilitated all the events.

The IYI will soon publish a pamphlet to more fully cover Swamiji's innumerable experiences with the people of Europe.

KARMA YOGA COMMITTEE

In the spirit of selfless service, the Karma Yoga Committee has initiated Yoga programs in conjunction with various community and social organizations in the New York area. This is an expression of union and brotherhood through Yoga, attempting to see how Yoga can be applied to problems of drugs, poverty, mental health, and community awareness.

Presently, Yoga classes are given at branches of Phoenix House, a city-sponsored residential program for drug rehabilitation. Yoga classes are also taught at the Post Graduate Center for Mental Health, a treatment clinic for psychiatric patients, and at the West Side Youth Center, a neighborhood program for teenagers. At Emmaus House, an ecumenical community center in East Harlem, there is a meditation program for the staff members and Yoga classes for neighborhood children. Yoga is also being taught to inmates of Clinton Farms, a women's prison in New Jersey. Future locations might be at other treatment facilities, youth centers and old age homes. A Yoga program to be taught in Spanish is being developed. Also, the IYI is looking into the possibility of opening its own community center.

In addition to these weekly events, some of our musically talented brothers and sisters give free concerts in schools and hospitals. Other volunteers are being referred to outside programs to teach and serve in areas such as dramatics and painting.

The Karma Yoga Committee tries to work in the spirit of Swamiji's words: "Only by leading a life of service and love can real peace and joy be experienced."

NEWS OF SWAMIJI AND THE IYI

SWAMIJI. During September, Swamiji was mainly in New York City and at Ananda Ashram in upstate Monroe, New York. Spiritual leaders visiting him that month included Swami Sahajananda, director of Divine Life Society (DLS) branches in South Africa, and Swami Pranavananda, director of DLS branches in Malaysia. Swami Chidananda, President, DLS, Rishikesh, Himalayas; Swami Shivaprem-ananda, director of the Sivananda Yoga - Vedanta Center of New York; and Yogiraj Harry Dickman, a disciple of Swami Sivananda, all came together to the New York IYI one morning for a Satsang (spiritual gathering) with Swamiji, devotees and students.

On September 11, the Jayanthi (birthday) of Swami Sivanandaji Maharaj was celebrated at the Universalist Church in New York with addresses by Swamiji and Swami Shivapremananda and with gala yogic entertainment. The following week, Swamiji conducted a convocation for over 90 Yoga aspirants at Ananda Ashram. Swami Pranavananda came and spoke at a Satsang. The assembled students observed silence and semi-fasting throughout the four days. From September 25 to November 7, at the invitation of many Yoga centers, Swamiji made an extensive lecture tour of Europe.

For the rest of November, Swami Satchidananda was again in the New York area. On November 8, Yogi Bhajan, director of several Yoga centers in North America, visited him. On November 9, Swamiji was one of the speakers at a symposium on Auroville held at New York University. Weekly discussions with Swamiji were resumed at the Universalist Church. These are held every Friday night when he is in New York. On November 15 and 16, Swamiji spoke on the theme of Meditation in Action at the International Interreligious Conference convened by the International School of Meditation. The next day, accompanied by many devotees, Swamiji recorded several parables, a talk on Integral Yoga, and a Kirtan (Yoga chanting), soon to be released as a record album. In Teaneck, New Jersey, Swamiji visited Fairleigh Dickinson University and addressed a student and faculty group. He also spoke to a gathering of members and guests at the Woodbury Lions Club in Central Valley, New York.

On November 23, Swamiji gave Manthra Initiation at the New York IYI. For Thanksgiving Day, many close disciples and devotees gathered with their Guru for a Satsang and meal at Ananda Ashram.

December was another month of much travelling for Swamiji. He addressed students and faculty at Queens College in New York, and went to Connecticut to visit and speak at Trinity College in Hartford and the University of Connecticut in Storrs. On December 13, he gave Manthra Initiation at the Canton IYI. Swamiji also went to Washington, D.C. to speak at Keshavashram and at a Yoga Center. Discussions at the Universalist Church in New York continued to be held every Friday night. In addition, Swamiji held several Satsangs at the New York IYI.

December 22 is Swami Satchidananda's Jayanthi. A birthday celebration will be held at the Universalist Church with Swamiji presiding over the joyous occasion, addressing the gathering of hundreds and enjoying Yogic festivities with them.

On December 24, Swamiji leaves for California at the invitation of the IYI branches in Los Angeles and San Francisco. He will be there for several weeks, teaching and serving.

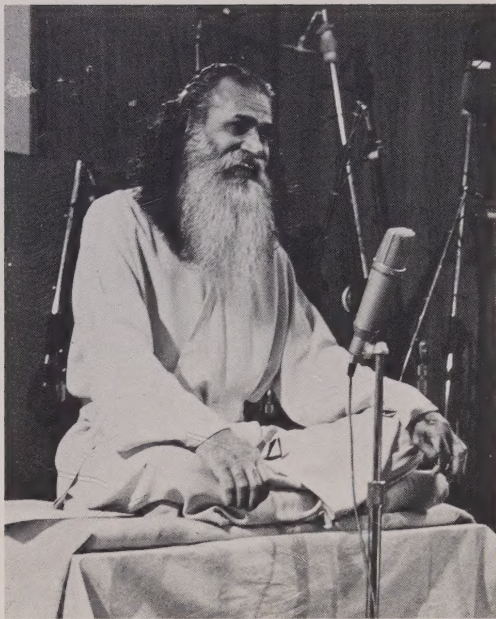
IYI NEW YORK. A full schedule of Yoga classes and activities including 10-week courses is maintained at the center. The IYI teaches Yoga throughout the metropolitan area in high schools and colleges; in mental health, medical and religious institutions; in a Greenwich Village storefront, and in other public and private centers. There is a large Karma Yoga service program as well. The IYI's functions center around serving Swamiji by sponsoring and joining in his continual flow of activities. The IYI had Satsangs with all of the spiritual leaders who came to see Swamiji, and had the blessing of his presence on many occasions. The center made arrangements for his public appearances and both Jayanthi celebrations. On November 23, Swami Satchidananda gave Manthra Initiation to 26 people at the New York IYI. On December 7, the Quarterly General Meeting of Institute members was held.

IYI CANTON, CONNECTICUT. The Canton branch has a regular schedule of Yoga classes, 10-week courses, and a large number of outside activities at schools, church groups, colleges and other organizations, including an accredited Raja Yoga Lecture Course at the University of Connecticut. In addition they have opened an Integral Yoga Bakery at the center. On November 3, Ishwara Futral, branch secretary, appeared on television to give an interview and Hatha Yoga demonstration on WELP-TV. Early in December, the Integral Yoga Students' Clubs of Trinity College and the University of Connecticut both sponsored successful Yoga Music Festivals. On December 9 and 10, Swamiji visited and spoke at both these schools, and held Satsangs at the Institute. On December 13, Swamiji gave Manthra Initiation at the Canton IYI.

IYI LAUSANNE, SWITZERLAND. This branch offers a generous schedule of Yoga classes and has had a three-fold increase in its number of students over the last year. During this period, the center has been visited by Swamiji last January; Acharya Adweshananda Avadhuta from Bengal; Swami Venkatesananda, director of the DLS of Mauritius; Mr. Albert Sassi; Swami Pranavananda and most recently by Swamiji again in October. In August, Mr. Andre van Lysebeth, director of the Brussels IYI, conducted an International Yoga Training Course for 80 persons at Lausanne. Mr. & Mrs. A.R. Hug, directors of this center, participated in the International Yoga Conference in Brussels and a Yoga Conference in Lyon, France. This fall, the Lausanne IYI opened branches in La Chaux-de-Fonds and Fribourg.

Future plans include opening a new branch in Zurich and beginning a three-year comprehensive training course for Yoga teachers. Yoga classes in Lausanne and Zurich will soon be offered in French, German and English.

IYI LOS ANGELES AND IYI SAN FRANCISCO, CALIFORNIA. Both branches have established regular schedules and are teaching outside classes as well. On October 3-5, West Coast brothers and sisters from both Institutes joined together for their second Yoga weekend of outdoor camping at Yosemite National Park. On December 24, Swamiji arrives in California to spend several weeks spreading Integral Yoga under the auspices of the two centers.



A MESSAGE

All this is infinite consciousness. There is neither the perceiver nor the perceived. This is the great silence. This is the birthless and deathless state.

All that we call unconscious, subconscious, conscious, and superconscious are the different states of expression of this infinite consciousness. Just as we have consciousness and unconsciousness in an individual, who is nothing but the microcosm, the macrocosm also has the cosmic consciousness and its lower levels, seen as animals, plants, minerals and so on.

Take the case of the ocean. It is nothing but water, but the very same water appears as the waves, big and small, the foam and the bubbles, the ice that floats and the vapor that clouds. These are all nothing but the temporary manifestations of the same sea water.

It is this spiritual oneness that is to be realized. This is the goal of our life. Only the human being has reached the level of understanding which enables him to realize this great truth. It is he who has the free will to realize or reject this truth. Whenever he rejects it he faces failure in finding peace and happiness. Such failures ultimately force him to turn towards the truth.

Realization of this truth is the birthless and deathless state. There is no birthday or deathday for this consciousness. In this timeless state, there is no past, present, or future. There is no old year or new year. It is Nowhere, but Now Here.

Let us all realize this truth which is the Christhood or Light to be born in us. Let this be our Christmas or Festival of Lights. May that Light dawn in us to mark the permanent New Year. May we find that Peace as our own true nature and live in that Peace, without war and hatred. Let us fulfill this need and not our greed. Let us care and let us share.

Hari Om Tat Sat

Swami Satchidananda
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Swami Satchidananda

A PUBLICATION OF THE INTEGRAL YOGA PRESS